



Kenia Mara

Up Close Game Drives &
Mountaineering

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Mount Kilimanjaro - Final Checklist

Travel Documents

Valid passport and visa
Airline ticket
International health card with immunizations (Yellow fever)
Travel insurance
Medical insurance
US\$ cash / Travellers Checks / Credit Card

Essential Items

Duffel bag - large enough for all climbing gear and clothing. To be carried by the porters. An extra bag to be left at the hotel with extra gear
Small luggage lock - to lock zippers
Day backpack - between 20 - 35 litres. Large enough to carry your water, camera, raincoat, lunch pack, snacks & warm clothing
Sleeping bag
Ski-pole / walking stick
Water bottle / containers
Kilimanjaro map (Can be bought at Park gate)

High Altitude Gear

Waterproof, breathable & windproof jacket (outer wear)
(like Ventex, Gore-Tex or Jeantex)
Waterproof, breathable & windproof pants (outer wear)
Polar fleece (middle layer)
Thermal underwear (under layers)
Mittens or warm gloves
Glove liners (if necessary)
One pair thermal (polertex) socks
Balaclava
Gaiters
Thermal water flask

Hiking Gear

Shorts
Hiking pants
Regular underwear
T-shirts
Raincoat or Poncho

Footwear

Water resistant semi-stiff hiking boots - mid weight boots work great

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Shoes for overnight camps - i.e. sneakers, running shoes, etc.
Socks - several pairs for the climb.
Liner socks - to keep your feet dry and limit the risk of blisters

Equipment

Sun hat or similar (with a brim)
Collapsible ski stick (optional but highly recommended)
Water bottles - two or three (total capacity at least 6 litres)
Head lamp, good strong one with spare batteries and an extra light bulb
Water purification tablets
Sunglasses, good quality dark lenses for the climb, with a securing strap
Flashlight (torch) with spare batteries

Personal Items

Toilet kit (soap, tooth brush, toilet articles, wet wipes, etc.).
Towel
Sun screen and lip protection, SPF 30+
Ziploc bags, to protect camera, binoculars, etc. from dust
Toilet paper
Money belt for passport and valuables

Medical and First Aid Supplies

Headaches--Syndols
Altitude sickness-Diamox (if not allergic to sulpha)
Diarrhoea - Imodium
Nausea - Valiod
Malaria - Prophylaxis
Water purification tablets
Painkillers
Muscular sprains
Abrasions blisters and cuts - Plaster, bandages
Antiseptic cream - Betadine
Flu and colds
Eyes - drops
Insect repellent

Optional Items

Camera, extra lenses and film (ASA 200 film recommended)
Binoculars
Powdered sports drinks for the climb (ex. Game or Isotonic drinks)
Pocket knife
Notebook & pencil
Plastic bags to keep clothing dry (masking tape)
Energy snacks and sweets
Video camera, tapes, battery packs and tri-pod



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Kenia Mara. Your East African Travel and Safari Operator